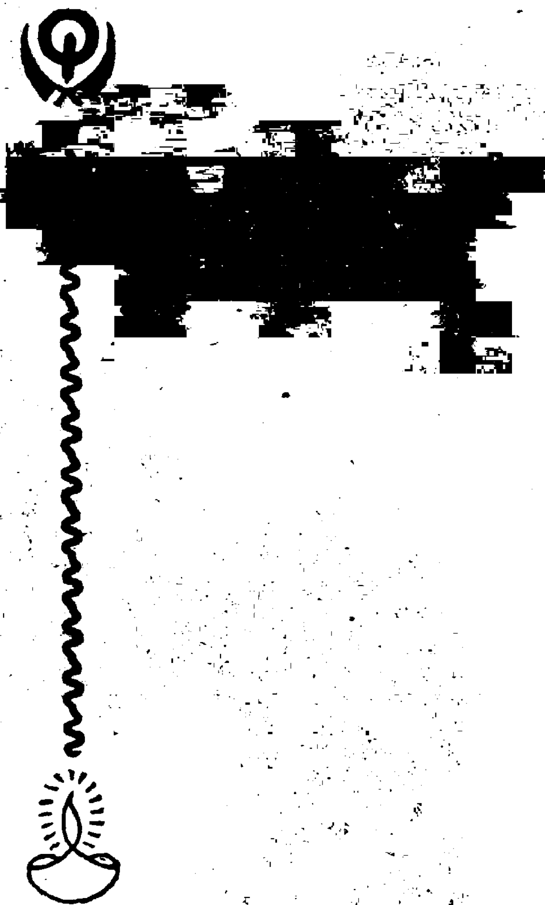
SIMIRAN MAHIMA



INDARPAL KAUR





To my Beloved and Precious Children

Harjeev Kaur

Jagdeep Singh

Amardeep Singh

Jagdeep, on your 25th birthday, today the 24th July 1976, may this book bring you great joy. Inspired by your respected father, it is a gratifying fact, I have fulfilled my long cherished wish to put into being this book.

SIMIRAN MAHIMA

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सदगुरु नानक प्रगट्या
मिटि धुन्ध जग चानन होया
ज्योंकर सूरज उपजया
तारे छिपे अंधेर पिलोया
ब व तारे चार चक
नव खन्ड पृथ्वी सच्चा टोवा
गुरुमुख कलचित परगटया
गुरुमुख परगठ होया।

अर्थ.- यह वर्णन हैं कि जिस समय घोर अंधकार मुसलमान राज्य का था न्याय का नाम सब सृष्टि भूल गई थी, तब परिपूर्ण भगवान ने पाप का अंधकार मिटाने के लिये इस पृथ्वी पर गुरु नानक साहब को प्रकट किया। अर्थववेद में ब्रहमा जी ने यह श्लोक-जनि मृति हरण नानकं गुरुमू-जन्म और मृत्यु का हरण करने वाले नाम सुमिरन डाला।

एक उअंकार

Simiran Mahima (सुमिरन महिमा)

गुरु के चरण कमल बह जाऊँ गुरु दाता
गुरु देवे नांऊ
जाके सोग हरख वही विया
सो घर गुरु नानक को दिया

Short Narrative Of Guru Nanak's Life

In the year 1469 in November on Puranmasi day at some minutes past 1 a. m in the village of Talwandi, in the district of Lahore, Babaji Guru Nanak Saheb was born. At that time, India was ruled by Pathans. The Indian peoples' condition, specially from the religious point of view, was most unsatisfactory.

Undue importance was given to rituals and very few cared for real spiritual life. At such a juncture AKAL PURAKH sent Guru Nanak on Earth to liberate the Universe from sin and wrong living.

कल विच घु अन्धकार सा

चढेआ रैबान ।।

In Kali Yug the cloud of darkness i. e., height of untruth and unrest was prevailing at the Birth of The Great Guru. "LIGHT PREVAILED" and the darkness of ignorance vanished.

From His childhood Babaji Guru Nanak Saheb astonished His schoolmates and His teacher Pandit Har Dayal for the devotion and inborn knowledge about the highest spritual matters.

After His schooling was over, His father Baba Kaluji, who was a patwari by profession, asked Him to look after the cattle while the cattle was grazing. Babaji sat under a tree in deep meditation. One could not call it negligence of duty, but every time He was saved miraculously by the unseen hand of "AKAL PURAKH".

Once Baba Kaluji gave Him twenty rupees to do some beneficial work with it, i e., business etc Nanakji spent the entire amount in feeding Sadhus. It was amongst these Sadhus he met one Santraenji whom He took as His Guru. At that tender age the non-attachment to the wordly things made people come to the conclusion that He was born to fulfill a definite purpose in life.

A few years later, He started spreading the Gospel of Divine Love. The Mohammedan Emperor, along with the Pandits and Mullahs started opposing Him. That was out of sheer jealousy because these petty people did not want to lose their so-called importance. But Babaji with His Spirituality and great Devotion and Honesty soon silenced everybody. Naturally the result was that the critics were convinced of His Greatness and fell at His feet and became His followers. Babaji travelled extensively throughout the length and breadth of India, and out of the country to Mecca, Medina, Persia and Kabul. It was in Mecca Babaji lay down to rest with His Holy feet towards the Shrine of the Muslims. He did this purposely to attract the attention of the crowd coming for Namaj. One Mullah took hold of Babajee's feet and spoke very rudely "Why have you put your feet this side, towards the Kaaba Sharif ?" Babajee calmly answered "Put my feet to the side the Kaaba does not exit". So the ill-begotten Mullah dragged Babajee's feet all around As the crowd looked on, whichever side the feet went round, went the Kaaba Shareef. "Sha Nanak, Pir Nanak" cried everybody and came and bowed at Babajee's feet.

And Babajee gave them the message, God is One, Love is God, God is Unity in the temple and mosque and outside. The same God resides in the eyes of the Almighty, i. e, AKAL PURAKH. All human beings are equal The words AKAL PURAKH means Deathless, Ever Pervading.

अकाल पुरुष वह है जो काल से बिगैर है । काल से रहित है । यानी काल उसके चरण का पुजारी है ।

Every man's duty irrespective of caste, creed or colour is Devotion to God that is "AKAL PURAKH", and service to mankind. That is what Babajee Guru Nanak Saheb teaches, not what is happening in the Kalyug today - people are very sweet to one another on top but do more harm than ever imaginable underneath.

After this incident at Mecca, there came to Babajee one Musalman by the name of Bhelole and requested Babajee to make him His Sevak. So Babajee received him with great love and gave him Bhajan or (Name Simiran).

So this Bhai Bhelole sat there for forty years and did Bhajan in the same place where he had met Babajee and died on the same spot. Bhai Bhelole was sixty years of age when he met Babajee Guru Nanak Saheb.

At the age of forty, Babajee Guru Nanakji was regarded as Spiritual Teacher (Sat Guru) who teaches the Truth. The word Sat' means Truth in Sanskrit. And His disciples are known as Sikhs.

The word Sikh is derived from Shishya which means pupil, the one who is a learner.

He was a great Poet and the morning Prayer of us Sikhs, The Japji Saheb, is one of His wonderful devotional

Poems. He taught through verses which came to him directly from the Heaven, and through Divine Inspiration as you may call it, and of course, through communion with God. Babajee Guru Arjan Devjee. our fifth Guru collected all verses or poems of Baba Guru Nanak Devjee a d all the Bhagats of that time and embodied them in the Guru Granth, our religious Book

Babajee was loved dearly, rather adored by the Hindus and Mussalmans. He was held in such a high esteem that after His demise in 1539 both Hindus and Mussalmans claimed His body to dispose of it according to their respective customs. The body was covered with a white sheet. When the cloth was remove the next morning, the people gathered there were astonished to find a heap of choicest flowers.

So Babajee came, lived and taught the Great Truth of The Supreme God, The Absolute, The All-pervading, The Eternal, The Creator, The Cause of Causes, without enmity, without hatred.

Who-so-ever, whether Sikh or non-Sikh follows the teachings of Babajee, the door to Eternity and Everlasting Joy will be wide open for ever.

CHAPTER I

SABDA, NAAM, or the WORD

जोग सबदँ, ज्ञान सबदँ
बेद सबदँ त ब्राहमणा ।
खतरी सबदँ सूर सबदँ ।
सूद्र सबदँ त प्राक्रते ।
सरब सबदँ एक सबदँ ।
जे कोई जानस भेओ ।
नानक तांका दास हैं, सोई निरँजन देओ ।

अर्थ— इन सब जातियों, वरणों का ज्ञान स्यगँ नाम जपने से होता हैं (जैसे आगे दिया हैं)

It was the Word
The Word came from God
The Word was God.

It is with Naam Simiran one can become a Sidha. That is, a man with supernatural powers or Sura, the Hindu word for a God. It is by repeating the word 'Naam' as Babajee puts it that the mysteries of the Earth and Heavens are revealed to us.

It is by repeating the 'Naam', Heavenly pleasure and all the worlds are revealed to one. By repeating the "Naam" one is sure to go untouched by death, to Heaven and enjoy Eternity

राम सिमर राम सिमर राम सिमर प्यारे ।

कल, कलेश, लोभ, मोह, महा भवजल तारे ॥

It is by constantly repeating the "Naam" the devotee lives in perpetual ecstasy, for Naam washes away all sins and sorrows, says Babajee Guru Nanak Saheb. It is by repeating the Naam the individual can attain the powers of Shivji, Brahma and Indra and one can gain great true esteem from all, irrespective of one's past.

It is by repeating the Naam one can gain Yogic insight, with the mysteries of Life and Self all revealed. The devotee by repeating the Naam can acquire the true import of the Shastras Smrities and Vedas

सब शास्त्रों का पूरन ज्ञान होता है। तथा सिमरतियों का ज्ञान व वेदों का ज्ञान सब नाम सिमरन से होता हैं ।

It is by Naam Simiran, the Sevak or Devotee becomes the abode of Truth, Contentment and True Knowledge and gets the fruit of ablution at sixty eight places of pilgrimage.

It is by Naam Simiran, the Sikh becomes the home of all virtues and a true Spiritual King.

Dharam or Naam, says Babajee, is sustaining the Creation. Whoever by repeating the Naam can realize this, knows the Great Truth.

Nothing else but Naam can carry the crushing load of the entire creation

What a tremendous load ! What Power ever so great could possibly support it. Only The Naam.

Babajee says only Naam

एको नाम हुकम हैं नानक सतगुरु दिया बुझाओ जीओ

To the Jiva Atma, the order of Babajee is only The Naam, which the Sat Guru has given by His Kind Grace,

With Naam, Babajee says, the vast creation came into Being. It was with Naam, nature blossomed. A million streams sprang into existence again calling Himself Dass (meaning Sevak) of AKAL PURAKH. Babajee says, what power have I to conceive of Wahe Guru's Naam. Oh Great Formless One, I am a very poor man and I make my life an offering to you. Whatever pleases you is good.

You are forever and forever.

It is by Naam Simiran the mind is conquered and one gets Salvation. And one's home is blessed.

Naam is Guru. The Guru is Naam

नाम गुरु पीरा, गहर गम्भीरा बिन नामै मैं जग बोरानॅग

Naam is the Guru as I have quoted in Hindi above. The Soul or Atma is the disciple. Again my beloved children and friends, I tell you from my personal experience with my most beloved Guru Swami Vishnu Devjee that Naam is the melodious Song, sung by very lucky people.

The practice of Naam Simiran, is the true home in which we have to live while in this Nashwant body. My beloved Guru says Babajee Guru Nanak Saheb's Naam Simiran, Naam Simiran, Naam Simiran is the only way to Salvation

Says Beloved Babajee Guru Nanak Saheb, whoever practices constantly Naam Simiran finds out his true home and I shall serve him truly. The five audible sounds:

पँच शबद झुनकार सहज धुन, तह बाजे सबद निशान

Great is the luck of the soul who hears them.

It is through Naam Simiran one finds the joy and peace everywhere. It was through Naam Simiran Wahe

Guru made His appearance and became manifest. Beloved Babajee Guru Nanak Saheb says through favour of Guru we are saved and the ego is consumed by Naam Simiran, that is Sabda (meaning the word of God).

Says Babajee that this sorrowful world of ours is stuck in pleasure and misery and instead of leaving it we keep on sticking fast. All our doings are directed by assertion of egoism. Without Naam, superstitions cannot be put to end and one cannot lose the egoism.

So my beloved children Harjeev Kaur, Jagdeep. and Amardeep, and all my dear friends who are just a handful, I have in simple English and Hindi put down what has been taught to me in short by my beloved and deeply respected Guru Swami **Vishnu Dev Jee Maharaj**. The **Tat** meening absolute Truth of Guru Nanak's.

Vani or Bani

CHAPTER II

Guru's Mahima

गुरु जेवड़ अबर न कोई गुरु नानक नानक हरीसोई

Everybody I hear saying we do pray a lot to God, but in reality they do not. for the mind is constantly in (Bharam) disillusion.

It is only by the Guru's kind grace that mind becomes peaceful and Akal Purakh is enshrined in our hearts and mind. As one day I was discussing Gurubani with my very dear and respected husband Sardar Charanjiv Singh Man. And in simple words, he put it to me so beautifully–That

within the house is the Great Treasure and not outside, and he repeated the following Shabda :

बाहर ढूढन ते छूट पड़े गुरु घर ही मां हे दिखाया था ।

आनन्द रूप प्रगटेओ पूरख उत्तम घट घट रामया आया था ।

By the Guru's Grace, and repeating the Naam, the door of Heaven is open to us. Listen to me, my dear children and friends, this is the time for us to serve the Guru and earn the merit that we live in bliss here and ever-after

Call humbly on our Guru and fulfill our destiny It is for Naam Simiran and to obtain the Guru's grace we have been given this life or janam we can call it. It is by the Guru's grace that God will enter our abode. The Guru is the true preceptor who shows us our real home.

सच घर बैठ रहे गुण गाये, नानक बिन से कूड़ा जोओं ।

Within the temple of this body wherein the five different sound currents are resounding and give a clue of the Holy Naam. Babajee Guru Nanak Saheb says – Serve the True Guru lovingly with single devotion only And know without doubt that the true Guru is the Holy of the Holies It is the Guru who fulfills all the desires of the mind. He who worships the true Guru with Love and Admiration gathers the fruits and blessing the heart of a true Sevak longs for. Listen to me, my dear children and friends, no man can cross to the other shore of this bhavsagar, the dreadful ocean of misery, without the help of the Guru. All the Saints' Bani is very true, for they surely say what they actually see with their own eyes. The True Guru makes one hear the five sounded Naam as I said previously. The True Guru reverbrates the Naam in the mind of the Sevak and shows him his true home

in this body only. As Babajee Guru Nanak Saheb proves in this Shabad नानक घर ही बेठे सो पाइऐ सतगुरू के उपदेश (सही पति को कहते हैं जीव आत्मा का पति भगवान) As one day sitting in the drawing room of my maternal home in Lakhimpur in Kheri district of U.P. Babajee Vishnu DevJee said to me, "Indarpal, my dear Beti, you have to do some very hard work" So I said, Maharaj by your kind Grace I will do it. Just then my beloved Mother had died, and I was very heart-broken, and constantly wept bitterly while sitting with Babajee. He spoke this Shabad of Babajee Guru Nanak Devjee in such a beautiful voice :

नानक कचड़े या सों तोड़ । ढढ़ सज्जन सन्त पकेया,
ओह जीवन्दे बीछड़ें वह मोयो न जायीं छोड़

The translation of this Shabada is : Oh Guru Nanak severe all your connections of an ephemereal nature and seek the fast friendships of the true Saint. For everyone will forsake you in this life at the last hour, while the true Saint will remain steadfast unto the last and thereafter. Again Babajee Guru Nanak Saheb says :

गुरु पीर सदाऐ मंगन जाये, ताके मूल ना लागो पाये ।।

Meaning, a man calling himself a Teacher (Guru) and living on the charity of others, never bow before him. Says Babajee Guru Nanak Saheb, the man who earns his livelihood by hard work and shares his earnings happily with others, can know the way of God. It is the friendship of true Saints who can inspire God-intoxication. Seeing a true saint with loving devotion, a man can still the mind from evils, but wards off all attachments. The true Guru opens the inner eyes and grants a glimpse of the true abode of the Sevaks at the Holy

feet of God Says Babajee Guru Nanak Saheb in one of his poems, the true Guru shows us the Abode of God while we are still residing in this body. That is the true Teacher, सच्चा गुरु

The sixty-eight tiraths (places of pilgrimage) their merit is got by being in the company of the true Guru. The Guru's Sevaks are blessed with the inner rhythm and bliss. The true Sevak of the great Guru is blessed with True Knowledge. God himself resides in the Sevak of the True Guru. The Guru's sevak is the index of God's mind. To the Guru God has given the power to be the protector of the virtuous and the poor. And to punish the evil ones, Babajee Guru Nanak Saheb says the true Guru has made it clear to me that AKAL PURAKH is the benefactor of everything, so I must not forget Him, even for a minute.

The Guru is limitless, repeatedly says Babajee. The true Guru is the very deep and vast ocean of peace. The Guru is the destroyer of sin. The true sevak or servant of the Guru can never be punished by Yama (The God of death). No one equals the true Guru. Babajee Guru Nanak Saheb says the true Guru has given me the Great Treasure of Naam and my mind is filled with joy.

माई सत्य सत्य सत्य साधा वचन गुरू जो पूरे कहया मैं, छींक गाठरी बांधा
(छींक का अर्थ हैं सम्भाल के बांध लिया

CHAPTER III

SADNA

What is "Sadna" ? मन को साधना है ।

Control of the mind by meditating on your Guru's murti. That is the first step of Sadna The second step of Sadna is to meditate on Naam, the Sabada, The Word. The Guru, the infinite Master, bow to his holy feet, meditate on the Holy Feet of the Guru by constantly remembering Him. That is the only way to cross the vast ocean of illusion. Remember the true Guru within yourself Within your eyes, visualise the form of the true Guru and within your ears, hear the great Holy Naam. The great Holy Naam is the everlasting Eternal Song. Once a true Sevak is saturated with Naam of the True Guru, on him God bestows or gives the seat of honour in his presence.

यह सवरनों मेरे हो साचे सुनने को पठाये शरीर लाये सुनो सच वाणी ।।

Oh my ears, listen, Oh listen to the truth for which you have been attached to the body, and listen to the eternal music of Gurubani (The Word). The three essential ways of progress of the Soul to the Great Lord and Master according to Gurbani are :--

(1) Sat Guru or the true Master.

(2) Sat-Sangat or the congregation of the company of the true Guru.

(3) Sat-Naam (The True Naam or the Word).

Let your bread be knowledge and mercy be your steward and let one to a hundred thousand tongues sing your Praise

No twenty times more. And each of these tongues sing the Holy Naam. They are the first step to the home of God. Let me end this chapter on Sadna by what Guru Nanak Saheb says : Let contentment and Love, and Worship of God's Naam banish sin from your mind and the true Great Lord will bestow on you the "TRUTH".

(एक तो जेहवा लख होवे लख बीस)

लख-लख वेरा आखिर एक नाम जगदीश

Dearest children and friends who-so ever reads this little book, hope you benefit by it, and derive great happiness from it. It is constant Sat-Sangat with my deeply respected husband Sardar Charanjeev Singh Man. I have been inspired to write this little book.

I end with this Shabada of Guru Nanak Saheb :--

"Make Humility the Word, and forbearanc the virtue, and civility the priceless spell. Make this dress of virtues dear sister and your "spouse" shall come in your power." The above shabada is arath.

नीवण सो अक्षर खवण गुण जेहवा माणिया मन्त यह तय भणें वेष कर तो वष आवी कन्त ।

Namaskar Guru Dev Ko
Sach Naam Jin Diya